

## **BOWEL PREPARATION INSTRUCTIONS**

- Bowel preparation is necessary prior to some surgeries to completely empty out the entire length of your intestine.
- Complications can occur with an inadequate bowel preparation, so PLEASE make sure to follow the directions completely:

### **YOU NEED TO PURCHASE:**

- 2 10 ounce bottle of Magnesium Citrate
  - this is available over the counter at any pharmacy, no RX is necessary
- any of the allowable items from the CLEAR LIQUID DIET

### **DAY BEFORE SURGERY**

1. **NOON:** begin a CLEAR LIQUID DIET
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    - ONLY water, tea, clear broth, clear soft drinks (Sprite, Ginger Ale, 7 Up etc), Apple juice, clear jello, hard candy (lifesavers, jolly ranchers, etc and popsicles
    - NO noodles, rice, meat or fat
2. **BETWEEN NOON -1**
  - DRINK 1 bottle of the Magnesium Citrate.
    - Most palatable if mixed with **cold liquid** such as ginger ale or from the list above
3. **BETWEEN 5PM – 6PM**
  - DRINK the second bottle of magnesium citrate as above
4. **WATER** you will get the best result if you DRINK several glasses of water in the afternoon
5. **DINNER** MUST BE ONLY CLEAR LIQUIDS FROM LIST ABOVE

### **DAY OF PROCEDURE**

- **DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE**
- A few sips of water to take important medications is ok

**QUESTIONS:** CONTACT THE PHARMACIST OR THE SURGICAL COORDINATOR IN OUR OFFICE

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